

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS.

WHAT'S HAPPENING

BUNCO

Chicken Rice Bowl

Wednesday, June 4 | 10 a.m. | \$5

Ham and cheese bagel with chips

Wednesday, July 2 | 10 a.m. | \$5

Hamburger Helper

Wednesday, Aug. 6 | 10 a.m. | \$5

POP UP BUNCO

4th Wednesday | June 25 | 10 a.m. | \$5

BINGO

Please sign up early! Spots go extremely fast.

Monkey Cupcakes

Wednesday, June 18 | 11 a.m. | \$5

Ice Cream Sandwiches

Wednesday, July 16 | 11 a.m. | \$5

Jello Parfaits

Wednesday, Aug. 20 | 11 a.m. | \$5

POP UP BINGO

4th Wednesday | July 23 | 11 a.m. | \$5

LUNCHEON

Where The Wild Things Are

Wednesday, June 11 | 11:30 a.m. | \$10

Jungle juice, "Savannah" sliders, frog eye salad, chips and banana pudding.

Let Freedom Ring

Wednesday, July 9 | 11:30 a.m. | \$10

Sloppy joes, potato salad, watermelon and fresh Strawberry pie.

Through the Decades

Wednesday, Aug. 13 | 11:30 a.m. | \$10

TV Dinner; meatloaf, mashed potatoes, mixed vegetables and brownies.

FOODIE TOURS

Cancelled for the summer

BOOK CLUB

Discuss the upcoming books with fellow readers.

First Wednesday of month | FREE | 1:15 p.m.

JUNE 4: BROOKLYN, COLM TOIBIN

JULY 2: IT ENDS WITH US,
COLLEEN HOOVER

AUGUST 6: A CALAMITY OF SOULS,
DAVID BALDACCI

CENTENNIAL CREATIVE CLUB

JUNE: PATRIOTIC PLANK ART
Thursday, June 19 | 10:30 a.m. | \$7

JULY: CACTUS ROCKS
Thursday, July 17 | 10:30 a.m. | \$7

AUGUST: MINI PUMPKINS
Thursday, Aug. 21 | 10:30 a.m. | \$7

GARDEN MEETING

Join us as we educate ourselves and the public on gardening in our desert climate. Every 2nd Tuesday

June 10 / July 8 / August 12 | 9 a.m.

MONTHLY THEMES:

JUNE: IN THE JUNGLE

JULY: PROUD TO BE AN AMERICAN

AUGUST: THROUGH THE DECADES

You asked, we listened. Pop up Bingo and Bunco will be added on the 4th Wednesdays of the month.

**ALL MEMBERS NEED TO SCAN THEIR
CARDS AT THE ACTIVE ADULT CENTER
BEFORE GOING TO THE YMCA**

CITY OF LAS VEGAS

CENTENNIAL HILLS ACTIVE ADULT CENTER

6601 N. BUFFALO DRIVE • 702.229.1702

OPEN: MONDAY-FRIDAY, 7 A.M. - 5 P.M.

SUMMER CALENDAR

HOLIDAY CLOSURES: Thursday, June 19 (Juneteenth) • Friday, July 4 (Independence Day)

GUEST LECTURES

Must Register in Advance

JUNE: SENIOR SERVICES
Tuesday, June 17 | 10 a.m.

JULY: BALANCE & INDEPENDENCE BY
ANCHOR CHIROPRACTIC
Tuesday, July 15 | 10 a.m.

AUG.: WHAT'S NEW WITH MEDICARE?
Tuesday, Aug. 19 | 10 a.m.

HUMANA HEALTH EDUCATION SERIES

Must Register in Advance

Building Stronger Bones
Thursday, June 5 | 10-11 a.m.

Foods To Help Fight Aging
Thursday, July 3 | 10 a.m.-Noon

Tips To Let Go of Stress
Thursday, Aug. 7 | 10 a.m.

FLOWER ARRANGING

Create a stunning summer floral display.

Wednesday, July 30 | 10:30 a.m. | \$20

THIS OR THAT: CRAFTING FRENZY

We will be putting out all of our random craft supplies and you will be able to create whatever you want. Everything must go!

Wednesday, July 30 | 9 a.m. | \$5

SNOW CONE SOIREE

Humana Health will be cooling our center down with some yummy snow cones.

Monday, June 2 | 10 a.m.-Noon | FREE

SOCK HOP

It is the anniversary of the Centennial Hills Active Adult Center and what better way to celebrate than with a Sock Hop? Good times, good music and good food.

Wednesday, Aug. 27 | 11:30 a.m. | \$10

**YMCA indoor pools re-opens end
of August. Don't forget to sign up
for water aerobics classes!**



Parks ♦ Rec ♦ Arts

#DiscoverLV

702.229.PLAY

TTY 711

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Find it all at LasVegasNevada.gov/Discover

PR-12019-04-25

YEARLY MEMBERSHIP CARD GIVES YOU...

Bridge • Pinochle • Canasta • Mahjongg • Rummikub • Scrabble • Dominos • Lectures • Book Club • Garden Meetings
Card Making • Computer Lab • Knitting & Crochet • Quilting • Monthly Movie • Pickleball • Indoor Walking
Volleyball • Fitness/ Weight Room • Indoor Lap Pool • Service/Sleeping Mats • Library

Membership is \$10 per year! | Fitness Pass \$10 for 30 days!

CENTENNIAL
ACTIVE ADULT CENTER

SUMMER 25

MONDAY

CARDIO/WEIGHT ROOM
OPEN SWIM**
7-9 a.m. • 11 a.m.-3 p.m.

COMPUTER LAB
7 a.m.-4:30 p.m.

GUIDED MEDITATION
9-10 a.m.

PICKLEBALL
*Regular times
cancelled for summer*
YMCA Small Gym

CHAIR YOGA*
9:15-10:15 a.m.
Multipurpose Room

LOW IMPACT CARDIO*
9:30-10:30 a.m.
Multipurpose Room

MONTHLY MOVIE
10 a.m.
Fourth week only

BEGINNING REIKI
10-11 a.m.

CARD MAKING
10:30 a.m.-12:30 p.m.
First week only

LINE DANCE*
10:30 a.m.-12:30 p.m.
Multipurpose Room

BELLY DANCE*
10:30-11:30 a.m.
CLV Room

FUNCTIONAL STRENGTH
TRAINING (CHAIR BASED)*
10:45-11:30 a.m.
Classroom 3

REIKI
11 a.m.-Noon

RED HATS
11 a.m.-12:45 p.m.
Second week only

CARDIO DANCE*
11:45 a.m.-12:45 p.m.
YMCA Studio 2

SCRABBLE
Noon-4:30 p.m.

CARDIO CORE*
1-2 p.m.
Multipurpose Room

PINOCHLE, ADVANCED
1-4:30 p.m.

SLEEPING MATS
1-4 p.m.
Second and fourth weeks only

RHYTHM & BEATS*
2:30-3:30 p.m.
Multipurpose Room

CARDIO /WEIGHT ROOM
OPEN SWIM**
7-9 a.m. • 11 a.m.-3 p.m.

COMPUTER LAB
7 a.m.-4:30 p.m.

QUILTING
8:30-11:30 a.m.

GARDEN
9-10 a.m.
Second Week Only

SIT 'N FIT*
9-10 a.m.
CLV Room

COUNTRY JAM
10 a.m.-Noon

GRIEF SUPPORT
10-11 a.m.
Second and fourth weeks only

GUEST SPEAKER+
10-11 a.m.
Third week only

INDOOR WALKING
10:30-11:30 a.m.
YMCA Large Gym

DUPLICATE BRIDGE
11 a.m.-2 p.m.

LOW IMPACT
CARDIO DANCE*
Noon-1 p.m.
YMCA Studio 2

DOMINOS
Noon-4:30 p.m.

POKER
1-3:30 p.m.

SELF DEFENSE*
1-2 p.m.
CLV Room

POWER HOUR*
1:15-2:15 p.m.
Multipurpose Room

BALANCE CLASS*
2:15-2:45 p.m.
CLV Room

ZUMBA EXPRESS*
2:30-3 p.m.
Multipurpose Room

CARDIO /WEIGHT ROOM
OPEN SWIM**
7-9 a.m. • 11 a.m.-3 p.m.

COMPUTER LAB
7 a.m.-4:30 p.m.

KNIT & CROCHET
8-11 a.m.

OIL PAINTING
8:30-11:30 a.m.

4 FITNESS*
9-10 AM
CLV Room

Exercise mat required
INDOOR VOLLEYBALL
9-10:30 a.m.
YMCA Small Gym

COLOR HOUR
10 a.m.–Noon.

BALLET FOR FITNESS 1*
11:15 a.m.-12:15 p.m.
YMCA Studio 2

GAME SPOT
Noon-4:30 p.m.

BALLET FOR FITNESS 2*
12:30-1:45 p.m.
YMCA Studio 2

PARTY BRIDGE
1-4:30 p.m.

BOOK CLUB
See back for book list.
1:15 -3:45 p.m.
First week only

SIT 'N FIT*
2:15-3:15 p.m.
Multipurpose Room

FLEX & STRETCH*
3:30-4:45 p.m.
Multipurpose Room

Exercise mat required

CARDIO /WEIGHT ROOM
OPEN SWIM**
7-9 a.m. • 11 a.m.-3 p.m.

COMPUTER LAB
7 a.m.-4:30 p.m.

SENIOR T.O.P.S.
8:15-9:15 a.m.

CHAIR YOGA*
8:45–9:45 a.m.
Multipurpose Room

Exercise mat required

FUNCTIONAL STRENGTH
& CORE TRAINING*
9-10 a.m.
CLV Room

Exercise mat required
URBAN LINE DANCE*
10-12 p.m.
Multipurpose Room

JEWELRY DESIGN
9:30 a.m.-Noon

HUMANA HEALTH SERIES+
10 a.m.-Noon
First week only

INDOOR WALKING
10:30-11:30 a.m.
YMCA Large Gym

WHINE & PAINT+
10:30 a.m. • \$10/class
Second and Fourth weeks

CREATIVE CLUB+
10:30 a.m.-12:30 p.m. • \$7

POKER
11:30 a.m.-4:30 p.m.

4 FITNESS*
12:30-1:30 p.m.
YMCA Studio 2

Exercise mat required

RUMMIKUB
1-4:30 p.m.

MY LIFE STORY
1:30-2:15 p.m.

BALANCE CLASS*
1:45-2:15 p.m.
Multipurpose Room

AIR DRY CLAY SCULPTING
2:30-4:30 p.m.

CARDIO /WEIGHT ROOM
OPEN SWIM**
7-9 a.m. • 11 a.m.-3 p.m.

COMPUTER LAB
7 a.m.-4:30 p.m.

BALLROOM BLAST*
8-9 a.m.
Multipurpose Room

AARP SMART DRIVE+
8:30 a.m.-12:30 p.m.
Third week only

FUNCTIONAL STRENGTH
& CORE TRAINING*
9-10 a.m.
CLV Room

Exercise mat required

LOW IMPACT CARDIO*
9:15-10:15 a.m.
Multipurpose Room

WRITER'S CIRCLE
10-11:30 a.m.
Fourth week only

BELLY DANCE*
10:30-11:30 a.m.
Multipurpose Room

S.E.A.T.*
11 a.m.-Noon
Classroom 3

BLUEGRASS SOCIETY JAM
10:30 a.m.-12:30 p.m.

CURRENT EVENTS
10:30 a.m.-12:30 p.m.
Second & third weeks only

HAND & FOOT CANASTA
Noon-4:30 p.m.

MAH JONG
Noon-4:30 p.m.

KARATE FOR SENIORS*
12:15 pm -1:15 pm
Classroom 3

PICKLEBALL
*Regular times
cancelled for summer*
YMCA Small Gym

PARTY BRIDGE
1-4:30 p.m.

SIT 'N FIT*
1:15-2:15 p.m.
CLV Room

Pickleball regular times cancelled for summer.

Pickleball will be held on Sundays;
9:30 a.m.-12:30 p.m. | May 25-June 29.

*Closed on Sunday, June 8 for special event.

**POOL CLOSED
2/16/25-8/25/25

*FITNESS PASS REQUIRED
+PLEASE REGISTER EARLY
Prices/fees are for the month

CLASSES, ACTIVITIES AND
EVENTS ARE SUBJECT TO
CHANGE OR CANCELLATION